

SELF PUBLISHING

MOMENTS OF PARENTING

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MOMENTS OF PARENTING

TO MY LOVING SON

Ashay

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## **Just before writing**

. It's a golden moment for me to write this book. The reason behind this, is just the insistence of my son master Ashay. What he does now, is immaterial for me but what he suggest to me is an utmost important for a while in my life as a author. I know that I know nothing about the subject he suggested to me to write something on 'Parenting'. A lot of books are available on this subject. This is the modern era that one can get the maximum information on Internet but rarely found the personal experiences.

So I will try my best to comment on 'Parenting' in which I will confess my thoughts. Right from my childhood, I have experienced the poverty. My grandfather Mr. Daulatrao and my father Mr. Manikrao was not capable to nourish me like an affluent person. Since then I am on this position. I worked in Irrigation Department as Sub Divisional Officer and retired from Chief Engineer Office, Nasik. Of course what I did for my son during my life, and taken efforts for him as parent, is of course immaterial, considering the today's situation in modern era. Today development of a child is little bit difficult.

In my opinion, experiences teach a lot in life of an individuals. Every man is a unique in this universe. Even then it counts essential for coming generations to follow the steps of his father as a role model. What I write will not be found chronological because I am not so matured writer like a renowned author. There may be a lot of space to add or delete some text or comments. You will also find, this book is not for the guidance of individuals. The parenting is his personal baby. It's just my unique experience written in a biographical form.

Concludingly, I thank you in the name of my readers and also thankful to my loving son who always treat me as his role model. If you

find any suggestions or omissions in this write up. Please do convey your messages forthwith to me.

Thanks to all who are inquisitive to read on the subject like 'Parenting'.

Prakash M.Raut, Amravati,M.S. India

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## **1. PARENTING AN INTRODUCTION**

**“We never know the love of a parent till we become parents ourselves.” –Henry Ward Beecher**

Parenting looks to be a very simple word. It's also simple to be comment about but it's very difficult to implement it. The above cited quotation clearly shows about the love of parents till we become parents ourselves.

What exactly is the 'parenting' means. Do you think it's only a love to your babies..No no it's not. It's but natural phenomina only.Even the animals do love their inborn without much ado. It doesn't mean they are parenting their inborn in an intelligent way.They just follow the natural rules in such a way that they could survive their inborn naturally with an available brain they developed naturally.It's an instincts they have. But in case of a man, A man is an intelligent animal developed his brain through the thirty lakh years since his existence on this earth. The famous scientist Dr.Darwin too accepts this fact of developing the haman brain gradually. Actually parenting is a vast responsibility on human shoulder. Any minor mistake in attitude of a couple will ruin the life of a kid in future. Uptill now you might be loving with each others in your family since your wedding date. No doubt you are familier with

your attitudes of your loving partner and you surely have a matured understanding but now you have to change the basics of your attitude henceforth. Coz. your precious child is on the verge of taking birth so even a small anger or trifle or futile conversations between the both of you, will be meticulously listen by your baby through the womb. It's growing gradually but have a inborn brain and heart development since the life of a three month's fetus.

In *Mahabharata* we learned that the son of Arjuna and Subhadra, Master 'Abhimanyu' listened the story of '*Chakra view*' sequentially but that story was half listened by him when he was in womb of Subhadra. He listened how to entered in '*Chakra view*' but he didn't listen the complete story about how to escape from that Chakra view at the time of war. Consequently he was trapped in Chakra and he died at the age of sixteen at the time of war in his young age. This is what our bygone seers have written and noted about him. Therefore You must be attended towards this important point of life. Please remember you are a responsible parent now.

The God naturally develops the growth of a fetus in a womb of a mother which is beyond the realm of our imaginations. Even the today's scientists do not know about exact reasoning or cause of the development of such a great software or fetus. It's only a grand Job of God who creates and devastates the nature by 'thou own will'. I don't mean to teach you the philosophy. But it's a fact, we observed through ancient years. Existence of God is proved by many of our bygone seers like *Rishis* and *Munis*. Today's scientists do not find a God like person in this vast universe but they proved that the 'trait of Godliness' is surely in the universe as a form of energy and power. Albert Einstein too believed in God.

Let's come to the point of parenting again.

Recently I have attended the great speech of Dr. Sushil Gawande Psychiatrist in Wardha who wrote the book on child psychology which is famous at world level because he wrote the unique book on this subject. I would like to tell you the gist of his speech which is very useful for parenting.

The first tip he told to the modern parents is “No mobile screen to your baby for **zero to two years** strictly. He told to avoid these things for the following reasons....

1. No eye contact with her mother due to allurements of the mobile screen.
2. Listening impairs due to continuous looking towards mobile screen.
3. Imitations of the body language of mother disappears in front of your baby.
4. Brain development ceases due to limited looks to mobile screen.
5. Attractions of Mother reduces towards her child expecting the need of prey. Results come to malnutrition to your infants.

He too emphasized on mobile screening for **two to five years** kids that parents shouldn't allow the screen time more than **thirty minutes** in a day to your kids.

Your child is a precious ‘gift of God’ to you. Be attentive towards him barring the job of you. I know your job is very important for your life development. But now your newborn is entering in you as a third person. I have to tell you a lot of things about parenting but before going to that let me tell you first about the old parenting methods and some experiences about it in next chapter. It's a conservative experience of me. What I observed is surely notable for the young generation.

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## **2. Old days of Parenting**

**“I know ‘old is not always gold’ in modern era.”-Prakash Raut**

Gone are the days, when a normal people do have a lot of childrens like the figure of ten to fifteen. That era was different. It was a undeveloped era. No scientific progress was there compared to today's speed of progress. No medicines, no blood reports, no sonographies were available to survive the children. Consequently adjudication of death was more frequent. Even the average poverty was such that no one can avail the nearest facilities due to non availability of transportation to go to nearest cities. This was the fact showing mortality rate was naturally more. Out of ten to fifteen children hardly two or three were survived in that era. Parenting was quite natural like an other animals. Almost all mothers were feeding their inborn through her breast. That time breast feeding was in vogue. Soon her baby grows to more than two years, no toys, no good nourishing was there. Resulting the great loss of kids at their young ages. But now again breast feeding comes in vogue due to recent scientific studies. It's a notable point now. These are just the nostalgic experiences of everyone. Then why do you think that old is not good. I have satirically written above quotation for you guys.

One more point I would like to tell you about the generation gap. This generation gap is still as it is because whenever you deliver the baby the new generation starts. Naturally your mind becomes conservative. Whatever you think for the future of your child, it's none of his business for the young ones to follow you. They used to live in modern era. You become very old compared to them. Your child will inclined towards surrounding available situations. The youngone feels as

if you are coercing him in every aspect. Then what will you do in such situation. You just not to remain calm and quite. your role must be so active that you must take care of your child in such a way that they should not become uncouth in future. No doubt you are serving your child in a caring way but he will feel your service as a servitude for him. Sometimes you beat him for his goodness but he takes it on his mind as a unnecessary load of you. In such situations I will suggest not to beat him Coz. He is not that much develop to understand you. His mind is like a blank slate.It's totally unprogrammed.You have to cotroll yourself. In this regard our old scriptions said that beating is important between the age of his five to eight years. The same situation occures even in your old days. The Children's are too grown up to understand his parents. At this time the old parents have to sustain the situations. They should not react too much. Every moment you have to take it lightly as if you are deaf for them.What they react in a way you dislike, you must ignore it as if you are taking everything on your deaf years. If you are not practising in this way then you have to suffer the repercussion created by your son and you will surely hurt yourlelf for want of no reason.It is said by a wise man that no one can hurt you unless you permit them by your mind. Please do keep this golden say of a wise man.

Now this is a new dawn of new era. You are living in a digital era. The old passions of parenting changed completely. You have to follow the modern methods. You have to study the psyches of your childs. They might be more intellectuals than you. They will be immediately accustomed to digital gadgets.So I will take you to next chapter for further suggestions. Till then if you find any better comments on my writing, you are always welcome.

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### 3. AN EXPECTATIONS- A PAIN OR PLEASURE

“When you have expectations, you are setting yourself up for disappointment.”- Ryan Reynolds

Lord Krishna, the universal God, borned in India stated in his renowned Geeta that “कर्मण्येवा धिकारस्ते मा फलेषु कदाचन!” It means you should never expect the fruits (Results) of your actions. You have no rights to wait for the results. It's a Job of God or in a scientific way it's a gift of nature for you. If you expect too much you will get the nervousness and if you accept what you get it's a bliss for your mind. Now it's a choice of you. No one can hurt you unless your mind accepts it. In this regard, Osho said, mind is the only problem to every situation. Always Be, in a 'No Mind' condition. Relax and you will feel the calmness consequently the pleasure you get is nothing but a elixir to your Life.

Now let me tell you some of the experiences regarding expectations. My grandfather Mr. Daulatrao thought that his son Manikrao will seat on his own bicycle one day in front of him. Manikrao of course my father had passed his seventh standard examination successfully and got the job of headmaster in a middle school at Maregaon village. He soon thought of buying a new bicycle in his life. At that time buying of bicycle was a great novelty. He bought a bicycle of 'Norton company'. He was very eagerous to show this thing to his father. One day he went to village Waigaon. Soon he reached there, he observed a big crowd around his native home. Everyone was crying near the body of his father. He shocked and bereaved a lot to see that situation. His father

Mr.Daulatrao was no more. His demise was due to fall of tree on his head when he was cutting the big tree.He died on spot.His father couldn't see his son on bicycle though he bought it. My intention to write this accidental incident to show one that,'never expect about the near future.An expectation may take you to pain. It doesn't mean that everytime the God will play dice with you. Sometimes it may be pleasurable moments in your life.

Now I will tell you one of the pleasurable moment of my father who suffered a lot in his earlier life. Now he left the habit of expectations in future. He was of fond of reading daily newspaper when he was doing his job of a middle school headmaster. One day he saw an advertisement showing a Government competitive examination for the students who are learning in 4<sup>th</sup> standard. Government was in intention to start a 'Public Schools'in Maharashtra. The then education minister Madhukarrao Chaudhary had an idea to start such schools in Maharashtra only for the students of town places where the population should not be more than ten thousand people. My father thought for a while. He prepared my mentality to appear for this competitive examination. Of course no books were available for this exam. as it was the first kind of examination for teenagers.My father had never expected that his child I mean me will get the selection in it. The main cause of this was, nearly Sixteen thousand students appeared through eight districts of Vidarbha region from their respective districts.When my father was taking me to this examination, everybody around my father's teacher group were laughing to my father's decision. Somebody was mocking me.Some of them talked satirically about the future failure of me. But what a prodigious luck of my father that I have cracked that exam in merit list sorted by government of maharashtra. I was eleventh merit in Vidarbha

and got admission in Government Public School, Chikhaldara, District Amravati. This was the moment of my father and for me too.

Why did I narrate this two events, just to show you the difference of expectations. If you expect something, you won't get it but if you don't expect, you surely get the success in your life. This is my experience of parenting of my father.

What is the moral of such experiences. First you inculcate your child in such a way that he or she must be interested in the things you decide. Observe first what is the inclination of your child. What exactly does he or she likes and go accordingly to his mind set.

I will quote third example of my struggle to get my child master Ashay at the time of nursery admission. I took him to the various standard schools but no where I get the opportunity to entered him in any standard school. Even after my government transfer he entered in common school but his tenacious attitude of vast study placed him in a top room at every examination. When he stood merit in 12<sup>th</sup> examination of higher secondary school board, Maharashtra, my eyes watered with a utmost joy of my life. Of course all credit goes to him for his efforts. Economically I was not in position to enhance his will. But he is so inquisitive that he is still progressive and going ahead and ahead.

Swami Vivekananda said, "Arise! Awake! And stop not till the goal is reached".

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#### **4. Garbha Sanskar or Bal Sangopan**

**This is just for the reference only.**

It is well established that a mother's behavior, being, thoughts, speech, and actions have a deep impact on the fetus. The word “Garbha Sanskar” literally translates to “Culturing the womb”. It essentially means preparing the fetus in the womb appropriately, instill the baby with right thoughts and help the baby develop into a person with right attitude and actions. This is done by coaching and counselling the mother to curate her thoughts and actions through music, diet and right practices during the period of pregnancy. This helps deliver a child who is healthy and happy.”

We counsel on the following topics during our monthly Garbhasanskar sessions

Diet, nutrition, prenatal yoga (exercises), and pranayama (breathing exercises).

Some specific activities to be done by the mother related to the 5 elements of Nature.

Importance of sound and music session for mental, intellectual and spiritual development. Specifically curated music for each month.

Mother's personal care and hygiene.

Preparation for lactation/breastfeeding.

To-be-Dad's counseling for his role in parenting.

Preparation of labor and checklist.

Postpartum diet changes and Childcare.

**(Reference :- Sangopan.com)**

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## **5.Funny Quotes About Parenting**

**Ref:- [chatbox.com](http://chatbox.com)**

“Children begin by loving their parents; as they grow older they judge them; sometimes they forgive them.” –Oscar Wilde

“My biggest parenting conundrum: why is it so hard to put someone who is already sleepy to sleep.” –Chrissy Teigen

“That’s what children are for—that their parents may not be bored.” –Ivan Turgenev

“The Golden Rule of Parenting is do unto your children as you wish your parents had done unto you!” –Louise Hart

“Being a father is the single greatest feeling on Earth. Not including those wonderful years I spent without a child, of course.”  
–Ryan Reynolds

“My parents loved us but I wasn’t always sure they liked us.” –  
Tahereh Maf

## **6.Inspirational Parenting Quotes**

“The best inheritance a parent can give his children is a few minutes of his time each day.” –O. A. Battista

“So much is asked of parents, and so little is given.” –Virginia Satir

“Parenting is a life time job and does not stop when a child grows up.” –Jake Slope

“Parents are living gods. They do everything to make their children happy and expect nothing in return.” –Saravana Kumar Murugan

### **7.Positive Parenting Quotes**

“We never know the love of a parent till we become parents ourselves.” –Henry Ward Beecher

“A parent’s love is whole no matter how many times divided.” – Robert Brault

“To understand your parents’ love you must raise children yourself.” –Chinese Proverb

“Love your parents. We are so busy growing up, we often forget they are also growing old.” –Unknown

“We don’t always do the things our parents want us to do, but it is their mistake if they can’t find a way to love us anyway.” –J. Courtney Sullivan

“Parents were the only ones obligated to love you; from the rest of the world you had to earn it.” –Ann Brashares

“Love is the chain whereby to bind a child to its parents.” – Abraham Lincoln



“Love your parents and treat them with loving care. For you will only know their value when you see their empty chair.” – Anonymous

### **8.New Parenting Quotes**

“There is no such thing as a perfect parent. So just be a real one.” – Sue Atkins

“All that I am, or hope to be, I owe to my mother.” –Abraham Lincoln

“Parents aren’t the people you come from. They’re the people you want to be, when you grow up.” –Jodi Picoult

“Behind every young child who believes in himself is a parent who believed first.” –Matthew Jacobson

“No matter how far we come, our parents are always in us.” –Brad Meltzer

“My heroes are and were my parents. I can’t see having anyone else as my heroes.” –Michael Jordan

“Children harbor a great many doubts and sorrows that could be eased by a loving hug from a parent.” –Richelle E. Goodrich

“There is no friendship, no love, like that of the parent for the child.” –Henry Ward Beecher

“While we try to teach our children all about life, Our children teach us what life is all about.” –Angela Schwindt

## **9.Quotes About Children**

“A good father is a source of inspiration and self-restraint. A good mother is the root of kindness and humbleness.” –Dr T.P.Chia

“It is time for parents to teach young people early on that in diversity there is beauty and there is strength.” –Maya Angelou

“Parenthood...It’s about guiding the next generation, and forgiving the last.” –Peter Krause

“A mother understands what a child does not say.” –Jewish Proverb

“The greatest gift a parent can give a child is self-confidence.” – Stewart Stafford

“If we are wonderful parents and family members, then there’s really nothing else to prove.” –Ron Baratono

“My father didn’t tell me how to live; he lived, and let me watch him do it.” –Clarence Budinton Kelland

“It is the sunlight of parental love and encouragement that enables a child to grow in competence and slowly gain mastery over his environment.” –Felicity Bauer

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## **10.List of good books on parenting**

- 1.Three Thousand Stitches- Sudha Murthy
  - 2.All you need is love, The art of mindful Parenting-Shelja Sen
  - 3.My Child won't eat!- Carlos Conzaez
  - 4.The Awakened Family-A Revolution in Parenting-Shefali Tsabary Ph.D.
  - 5.The Philosophical Baby-Alison Gopnik
  - 6.How to Talk so kids will listen,& Listen so kids will walk
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## **EPILOGUE**

I have written a very short book on the subject of '**Parenting**'. Nowadays no one gets the spare time to read the books. Time is money. What I have written is my experience. Now it's up to readers to judge the book.

After all the Parenting is an art to develop your child according to your wish. Every child is being beloved by their

respective parents. Even then if your child will be redirected towards by means of surrounding then why you bother. It's his destiny.

Concludingly, Leo Tolstoy said, 'Everybody wants to change the world but no one wants to change himself'.

That's it.

I am again thankful to all of you and also my great readers who reads and give their encouragements to me often and often.

\*\*\*\*\* PRAKASH M RAUT

AMRAVATI Dt. 21.02.2023

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